Method

For the avocado pesto sauce:
- Add all of the ingredients, apart from the olive oil, to a food processor.
- Beat for 2 minutes, until the nuts break down.
- Then add the olive oil and grated parmesan.
- Beat to combine.
- Your avocado pesto sauce is ready.

To serve:
- Preheat oven to 180°C (350°F) Fan.
- Cut the bread into slanted slices and bake for 10-15 minutes, until golden and crunchy.
- When ready, remove from oven and set aside for 1-2 minutes to cool.
- Spread crunchy bread slices with avocado pesto sauce. Add some cherry tomatoes, sea fennel and parmesan shavings.

Ingredients

- 2 avocado(s), ripe
- 20 g basil
- 50 g nuts
- salt
- pepper
- 50 g parmesan cheese
- lemon juice, of 1 lemon
- lemon zest, of 1 lemon
- 1 clove(s) of garlic
- 50-100 ml olive oil

To serve
- 1 bread
- 200 g cherry tomatoes
- sprig(s) sea fennel
- parmesan cheese, shavings

Nutrition information per portion

<table>
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<th>Calories (kcal)</th>
<th>Total Fat (g)</th>
<th>Saturated Fat (g)</th>
<th>Total Carbs (g)</th>
<th>Sugars (g)</th>
<th>Protein (g)</th>
<th>Fibre (g)</th>
<th>Sodium (g)</th>
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<td>63%</td>
<td>45%</td>
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<td>1%</td>
<td>18%</td>
<td>4%</td>
<td>8%</td>
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